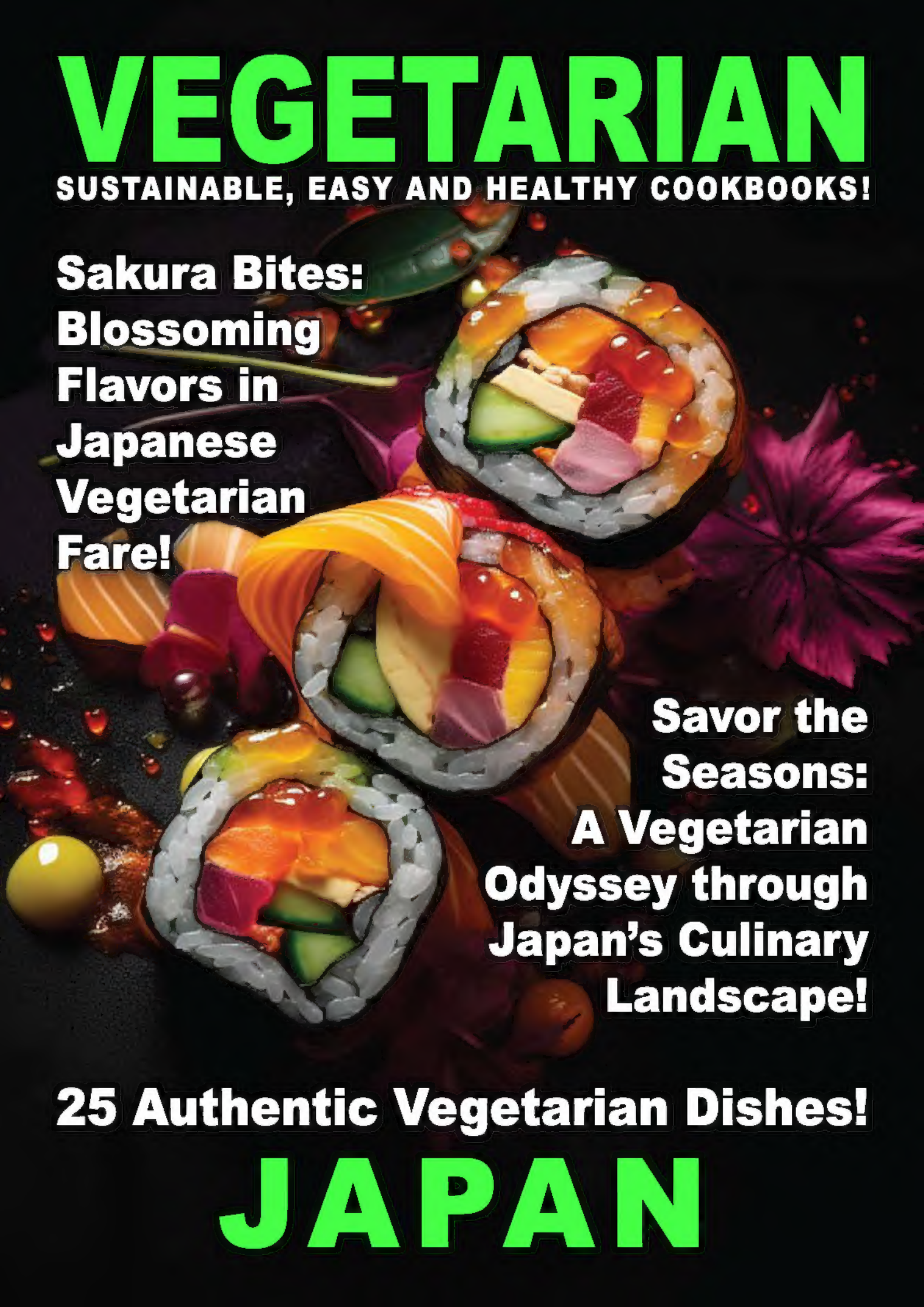
VEGETARIAN

SUSTAINABLE, EASY AND HEALTHY COOKBOOKS!



Sakura Bites: Blossoming Flavors in Japanese Vegetarian Fare!

Savor the Seasons: A Vegetarian Odyssey through Japan's Culinary Landscape!

25 Authentic Vegetarian Dishes!

JAPAN

VEGETARIAN
Japan

Food Recipes: Tanaka Himari
Illustrated by: Samo Gunarathne

Responsible publisher:

Magic Media ApS
Marievangsvej 103
4200 Slagelse
Denmark
VAT no: 21099139

Copyright © Magic Media ApS

Introduction

Welcome to VEGETARIAN Japan Cookbook, a captivating culinary journey that celebrates the vibrant and diverse world of vegetarian cuisine in the Land of the Rising Sun.

This cookbook is a testament to the incredible flavours, artistry, and mindful approach to food that Japan has to offer, all while honouring the principles of vegetarian. Japan, known for its rich culinary heritage, has long captivated food enthusiasts from around the globe.

However, navigating the vast array of traditional Japanese dishes as a vegetarian can be a daunting task.

That's where " VEGETARIAN Japan" steps into demystify and showcase the incredible range of plant-based creations found in this gastronomic wonderland.

Our goal with this cookbook is twofold: to celebrate the diverse vegetarian offerings that already exist within Japanese cuisine and to inspire you with innovative, plant-based adaptations of beloved classics.

All recipes are for 4 persons!

Table Of Contents

1. Fermented Soybeans 8
2. Vegetable Dumplings 10
3. Miso Soup 12
4. Vegetable Tempura 14
5. Deep-Fried Tofu in Broth 16
6. Red Bean Pancakes 18
7. Shiitake Gohan 20
8. Grilled Rice Balls 22
9. Chawanmushi 24
10. Grilled Eggplant with Miso Glaze 26
11. Braised Burdock Root 28
12. Pumpkin Croquettes 30
13. Sweet Tofu Pouches Filled 32
14. Katsu Curry 34
15. Sunomono 36
16. Nabemono (Hot Pot) 38
17. Ramen with Vegetable Broth and Toppings 40
18. Stir-Fried Noodles with Vegetables 42
19. Avocado Wasabi Salad 44
20. Goma Dofu 46
21. Buckwheat Noodle Salad 48
22. Cucumber Sushi Rolls 50
23. Soy Pulp Croquettes 52
24. Green Tea Soba Noodles 54
25. Tofu and Wakame Udon 56

Fermented Soybeans

Fermented Soybeans, known as "Natto," are a traditional and unique dish that holds a special place in Japanese cuisine. Natto is made by fermenting soybeans with the help of a specific strain of bacteria known as Bacillus subtilis. This fermentation process imparts a distinctive flavour, aroma, and texture to the soybeans, making natto a polarizing but beloved food in Japan. Natto is commonly enjoyed as a breakfast dish, served over a bowl of steamed rice with accompaniments such as soy sauce, mustard, or chopped green onions. It can also be incorporated into various dishes, such as sushi, salads, or noodles, adding a unique umami-rich element.

Ingredients:

- 2 cups cooked soybeans (you can use store-bought frozen or canned soybeans)
- 1 tablespoon rice bran powder (nuka) or 1 teaspoon of miso paste (for fermentation)
- 1 tablespoon soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- Optional toppings: chopped green onions, grated daikon radish, pickled ginger

Instructions:

1. If you are using frozen soybeans, thaw them according to the package instructions. If using canned soybeans, drain and rinse them.
2. If you are using dried soybeans, cook them according to the package instructions until they are soft.
3. In a small bowl, mix rice bran powder (nuka) or miso paste with a small amount of water to form a smooth paste.
4. Gently mix the fermented paste with the cooked soybeans, ensuring that all the beans are coated.
5. Add soy sauce and mirin to the soybeans. Mix well to evenly distribute the flavours.
6. Transfer the seasoned soybeans to a clean, airtight container. Cover the container with a lid, but leave it slightly ajar to allow air circulation.
7. Place the container in a warm and dark place for fermentation. Leave it for 24-48 hours, checking periodically.
8. After 24-48 hours, the natto should have a stringy and gooey texture, and a distinct fermented aroma.
9. Divide the fermented soybeans among four small bowls.
10. Top the natto with chopped green onions, grated daikon radish, or pickled ginger according to your preference.

Vegetable Dumplings

Vegetable dumplings, known as "yasai gyoza," are a delightful and flavoursome dish that has gained popularity not only in Japan but also in many other parts of the world. These dumplings are filled with a combination of finely chopped vegetables, herbs, and seasonings, offering a delicious and healthy option for vegans and vegetarians. Vegetable dumplings are commonly served with a dipping sauce, which can be as simple as a mixture of soy sauce and rice vinegar or a more elaborate combination of flavours, including sesame oil, garlic, ginger, and chili oil. The dipping sauce adds a tangy and savoury element that complements the dumplings perfectly. Vegetable dumplings can be enjoyed as a side dish, or even as a main course.

Ingredients:

For the dumpling filling:

- 1 cup finely chopped cabbage
- 1 cup grated carrots
- 1 cup chopped mushrooms (such as shiitake or cremini)
- 1/2 cup chopped green onions (scallions)
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- Salt and pepper to taste

For assembling the dumplings:

- 30-40 dumpling wrappers (round or square)
- Water (for sealing the dumplings)

For the dipping sauce:

- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon agave syrup or sugar
- 1 clove garlic, minced (optional)
- 1/2 teaspoon grated fresh ginger (optional)

Instructions:

1. In a large bowl, combine the chopped cabbage, grated carrots, mushrooms, green onions, minced garlic, grated ginger, soy sauce, sesame oil, sugar, salt, and pepper. Mix well until all the ingredients are evenly incorporated.
2. Take a dumpling wrapper and place about 1 tablespoon of the vegetable filling in the centre.
3. Dip your finger in water and moisten the edges of the dumpling wrapper.
4. Fold the dumpling wrapper in half and pinch the edges together to seal. You can create pleats along the edge for a decorative touch if desired. Repeat this process until all the filling is used.
5. Heat a non-stick skillet or frying pan over medium heat and add a small amount of oil.
6. Place the dumplings in the pan, flat side down, and cook for about 2-3 minutes until the bottoms are lightly browned.
7. Pour water into the pan until it reaches about one-third the height of the dumplings.
8. Cover the pan with a lid and let the dumplings steam for about 6-8 minutes or until the wrappers are translucent and the filling is cooked through.
9. While the dumplings are cooking, prepare the dipping sauce by combining soy sauce, rice vinegar, sesame oil, agave syrup or sugar, minced garlic, and grated ginger in a small bowl. Stir well to combine.
10. Once the dumplings are cooked, remove them from the pan and serve them hot with the dipping sauce.

Miso Soup

Miso soup is a traditional and beloved dish that has been enjoyed in Japan for centuries. Miso soup is a staple in Japanese cuisine, and its rich umami flavour and comforting qualities make it a popular choice for both vegans and non-vegans alike. miso soup is often served as a starter or as a side dish accompanying a traditional Japanese meal. It provides warmth, nourishment, and a refreshing balance of flavours. Miso soup is not only delicious but also offers numerous health benefits. It is a good source of protein, dietary fibre, vitamins, and minerals. Miso contains beneficial probiotics and is believed to support digestive health and strengthen the immune system.

Ingredients:

- 4 cups water
- 4 tablespoons miso paste (choose a vegan variety, such as white or red miso)
- 1 cup cubed tofu
- 1 cup sliced mushrooms (such as shiitake or button mushrooms)
- 1 cup chopped green leafy vegetables (such as spinach or bok choy)
- 1 cup sliced green onions (scallions)
- 1 sheet nori seaweed, cut into small pieces (optional)
- Soy sauce or tamari (optional, for additional seasoning)
- Sesame oil (optional, for drizzling)

Instructions:

1. In a large pot, bring the water to a gentle boil.
2. Add the cubed tofu, sliced mushrooms, and chopped green leafy vegetables to the pot. Let them simmer for about 5 minutes or until they are tender.
3. In a small bowl, whisk the miso paste with a little warm water to create a smooth mixture. This step ensures that the miso paste dissolves easily in the soup.
4. Reduce the heat to low and add the miso paste mixture to the pot. Stir well to incorporate the miso into the soup.
5. Avoid boiling the miso soup after adding the miso paste, as high heat can destroy the beneficial enzymes in miso.
6. Add the sliced green onions and nori seaweed (if using) to the pot. Let the soup simmer for another minute or two to allow the flavours to meld together.
7. Taste the soup and adjust the seasoning if necessary. You can add a little soy sauce or tamari for extra saltiness if desired.
8. Ladle the vegan miso soup into individual serving bowls.
9. Optionally, drizzle a small amount of sesame oil over each bowl for added flavour.

Vegetable Tempura

Vegetable Tempura is a mouth-watering and popular dish that showcases the art of deep-frying and the delicate flavours of seasonal vegetables. Tempura is a traditional Japanese cooking technique where ingredients are lightly coated in a batter and deep-fried until they become crispy and golden. Japanese Vegetable Tempura not only offers a delicious and satisfying dish but also provides a range of nutrients from the diverse selection of vegetables. It is a great way to incorporate more vegetables into a vegan or plant-based diet while enjoying the culinary heritage of Japan. In summary, Vegetable tempura is a delectable and visually appealing dish that highlights the flavours and textures of seasonal vegetables.

Ingredients:

For the tempura batter:

- 1 cup all-purpose flour
- 1/4 cup corn-starch
- 1 cup ice-cold water
- 1/2 teaspoon baking powder
- Pinch of salt

For the assorted vegetable tempura:

- Assorted vegetables of your choice (such as bell peppers, sweet potatoes, zucchini, broccoli florets, eggplant, mushrooms, etc.)
- Vegetable oil (for frying)

For dipping sauce:

- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon agave syrup or sugar
- 1/2 teaspoon grated fresh ginger (optional)
- 1/2 teaspoon grated daikon radish (optional)

Instructions:

1. Prepare the dipping sauce by combining soy sauce, rice vinegar, mirin, agave syrup or sugar, grated ginger, and grated daikon radish (if using) in a small bowl. Stir well to combine. Set aside.
2. Prepare the vegetables by washing them thoroughly and cutting them into bite-sized pieces. Remove any tough stems or seeds.
3. In a large bowl, combine the all-purpose flour, corn-starch, baking powder, and a pinch of salt. Mix well.
4. Slowly add ice-cold water to the dry ingredients while stirring gently. Be careful not to overmix the batter; it's okay if there are some lumps.
5. Fill a large pot or deep-fryer with vegetable oil, leaving enough space for the vegetables to be fully submerged. Heat the oil to around 350°F (175°C).
6. Dip the vegetable pieces into the tempura batter, making sure they are evenly coated. Shake off any excess batter before adding them to the hot oil.
7. Carefully place the battered vegetables into the hot oil, a few pieces at a time, without overcrowding the pot. Fry them until they turn golden brown and crispy, usually for about 2-3 minutes. Adjust the cooking time depending on the size and density of the vegetables.
8. Once cooked, use a slotted spoon or tongs to remove the tempura from the oil and transfer them to a wire rack or paper towel to drain excess oil.
9. Repeat the process with the remaining vegetable pieces until all the tempura is cooked.
10. Serve the assorted vegetable tempura immediately while hot, alongside the dipping sauce.

Deep-Fried Tofu in Broth

Deep-fried tofu in broth, known as "agedashi tofu," is a popular and comforting dish that combines the crispy texture of deep-fried tofu with a flavourful and savoury broth. Agedashi tofu is a beloved traditional Japanese dish that has been enjoyed for many years and has become a favourite among vegans and vegetarians. The dish is typically served hot and can be enjoyed as a side dish, or even a main course in a Japanese meal. The combination of the crispy tofu, the warm and flavourful broth, and the complementary toppings creates a harmonious and comforting dish that satisfies the palate.

Ingredients:

For the deep-fried tofu:

- 2 blocks of firm tofu
- Corn-starch or potato starch (for coating)
- Vegetable oil (for frying)

For the broth:

- 4 cups vegetable broth
- 2 tablespoons soy sauce
- 2 tablespoons mirin (Japanese sweet rice wine)
- 1 tablespoon grated daikon radish (optional)
- 1 tablespoon chopped green onions (scallions)
- 1 tablespoon grated ginger
- 1 sheet nori seaweed, cut into small pieces (optional)

For garnish (optional):

- Chopped green onions (scallions)
- Grated daikon radish
- Shichimi togarashi (Japanese seven-spice blend)

Instructions:

1. Drain the tofu and gently press it between paper towels or a clean kitchen towel to remove excess moisture. Cut each block of tofu into eight equal-sized pieces.
2. Prepare the deep-frying station. Heat vegetable oil in a deep pan or skillet to around 350°F (175°C).
3. Lightly coat each piece of tofu with corn-starch or potato starch, tapping off any excess.
4. Carefully place the coated tofu pieces into the hot oil, a few at a time, without overcrowding the pan. Fry them until they turn golden brown and crispy on all sides, usually for about 3-4 minutes. Adjust the cooking time as needed.
5. Once cooked, use a slotted spoon or tongs to remove the deep-fried tofu from the oil and place them on a wire rack or paper towel to drain excess oil.
6. In a separate pot, prepare the broth by combining vegetable broth, soy sauce, mirin, grated daikon radish, chopped green onions, grated ginger, and nori seaweed (if using). Bring the mixture to a gentle simmer.
7. Place the deep-fried tofu into individual serving bowls.
8. Ladle the hot broth over the deep-fried tofu in each bowl, ensuring that the tofu is partially submerged in the broth.
9. Garnish the tofu and broth with additional chopped green onions, grated daikon radish, and a sprinkle of shichimi togarashi, if desired.

Red Bean Pancakes

Red Bean Pancakes, known as "Dorayaki," are a delightful and popular treat in Japanese cuisine. These pancakes consist of two fluffy, round cakes sandwiched together with a sweet filling made from sweet red bean paste, known as "anko" in Japanese. Red Bean Pancakes are enjoyed as a popular street food, snack. They are also widely available in supermarkets and bakeries throughout Japan. Beyond the traditional red bean filling, modern variations may include other fillings such as custard, chocolate, or even matcha-flavoured cream. Dorayaki not only satisfies the sweet tooth but also embodies the essence of Japanese confectionery, blending simple yet high-quality ingredients to create a delicious and comforting treat.

Ingredients:

For Red Bean Paste (Anko):

- 1 cup canned sweet red bean paste (anko)

For Pancake Batter:

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup milk (or non-dairy milk for a vegan option)
- 1 tablespoon vegetable oil
- 1 teaspoon vanilla extract

For Cooking:

- Vegetable oil or cooking spray for the pan

Optional Toppings:

- Whipped cream
- Fresh berries
- Maple syrup

Instructions:

1. If using canned sweet red bean paste, no preparation is needed. If making your own, you can find canned or packaged sweet red bean paste in many Asian grocery stores.
2. In a mixing bowl, whisk together flour, sugar, baking powder, and salt.
3. In a separate bowl, combine milk, vegetable oil, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay.
5. Heat a non-stick skillet or griddle over medium heat. Add a small amount of vegetable oil or use cooking spray to coat the surface.
6. Pour 1/4 cup of the pancake batter onto the hot skillet for each pancake.
7. When bubbles form on the surface and the edges begin to set, flip the pancakes and cook the other side until golden brown.
8. Spread a spoonful of sweet red bean paste on each pancake.
9. Stack the pancakes and serve them warm.
10. Top the red bean pancakes with whipped cream, fresh berries, or a drizzle of maple syrup if desired.

Shiitake Gohan

Shiitake Gohan is a delightful and flavourful dish that showcases the rich umami taste of shiitake mushrooms in combination with rice. This dish is a vegetarian variation of the traditional Japanese Gohan (rice) preparation, where the earthy and meaty flavours of shiitake mushrooms take centre stage. The dish is not only delicious but also reflects the principles of Japanese cuisine, which often emphasizes seasonal, fresh, and high-quality ingredients. Japanese Vegetarian Shiitake Gohan can be served as a standalone meal or as a side dish alongside other Japanese delicacy. This vegetarian version is perfect for those looking for a meatless option without compromising on taste and texture. It caters to individuals who appreciate the umami richness of shiitake mushrooms while adhering to a vegetarian or plant-based diet.

Ingredients:

- 2 cups Japanese short-grain rice
- 4 cups water
- 1 cup fresh shiitake mushrooms, cleaned and sliced
- 1 small carrot, finely diced
- 1 small onion, finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon sake (Japanese rice wine)
- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil (optional)
- Chopped green onions for garnish

Instructions:

1. Rinse the rice under cold water until the water runs clear. Drain.
2. Place the rice in a bowl, add water, and let it soak for about 30 minutes. Drain again.
3. Clean and slice the shiitake mushrooms. Finely dice the carrot and chop the onion.
4. Heat vegetable oil in a large pot over medium heat. Add the chopped onion and sauté until translucent.
5. Add the shiitake mushrooms and diced carrot. Cook for 2-3 minutes until the vegetables start to soften.
6. Add the soaked and drained rice to the pot. Stir to combine with the vegetables.
7. Pour in soy sauce, mirin, and sake. Mix well to distribute the seasonings evenly.
8. Add 4 cups of water to the pot. Bring the mixture to a boil, then reduce the heat to low and cover.
9. Simmer for 15-20 minutes or until the rice is cooked and has absorbed the liquid.
10. Once the rice is cooked, let it sit covered for an additional 5 minutes. Then, fluff the rice with a fork to separate the grains.
11. For added flavour, drizzle sesame oil over the rice and gently mix. This step is optional but adds a nice nutty aroma.
12. Garnish the Shiitake Gohan with chopped green onions before serving.

Grilled Rice Balls

Grilled rice balls, also known as "yaki onigiri," are a delicious and versatile dish that combines the simplicity of rice with the smoky flavours of grilling. Onigiri, or rice balls, are a popular staple in Japanese cuisine, and the grilling process adds an extra layer of texture and taste to this traditional dish. The main ingredient in vegan grilled rice balls is, of course, rice. Short-grain Japanese rice is typically used for its sticky and cohesive nature, which allows the rice balls to hold their shape during grilling. The rice is cooked and seasoned with salt, and sometimes other seasonings such as sesame seeds or nori flakes are added for additional flavour. Grilled rice balls, or yaki onigiri, offer a delightful combination of crispy and smoky flavours with the comforting texture of rice.

Ingredients:

- 2 cups Japanese short-grain rice
- 4 cups water
- 1 tablespoon soy sauce (use a gluten-free soy sauce if desired)
- 1 tablespoon mirin (Japanese sweet rice wine)
- Nori seaweed sheets (cut into thin strips, optional)
- Vegetable oil (for grilling)

Instructions:

1. Rinse the Japanese short-grain rice thoroughly in cold water until the water runs clear. Drain the rice.
2. Cook the rinsed rice with 4 cups of water in a rice cooker or on the stovetop according to the package instructions.
3. Once the rice is cooked, transfer it to a large bowl and let it cool slightly for about 10 minutes.
4. In a small bowl, combine the soy sauce and mirin to create a glaze for the rice balls.
5. Wet your hands with water to prevent sticking, take a handful of cooked rice, and shape it into a triangle or round ball. Compact the rice firmly to ensure it holds together during grilling.
6. Brush the soy sauce and mirin glaze onto each rice ball, coating all sides.
7. Heat a grill pan or non-stick skillet over medium heat and add a small amount of vegetable oil to prevent sticking.
8. Place the rice balls on the heated pan and cook for about 3-4 minutes on each side, or until the surface is golden brown and crispy.
9. If using nori seaweed, wrap a strip around each rice ball before grilling or place it on top after grilling for added flavour and presentation.
10. Once the rice balls are grilled and crispy, remove them from the pan and let them cool slightly before serving.

Chawanmushi

Chawanmushi is a delightful and savoury steamed custard dish that originates from Japan. Traditionally made with a base of eggs, dashi (Japanese soup stock), and soy sauce, this vegetarian version replaces the customary meat and seafood ingredients with a variety of plant-based alternatives, ensuring a flavourful and meat-free experience. Chawanmushi is commonly served as an appetizer or side dish in Japanese cuisine, appreciated for its light and nuanced taste. It is often enjoyed with a touch of soy sauce or a drizzle of ponzu sauce for added zest. The vegetarian rendition of Chawanmushi caters to individuals who prefer plant-based options, offering them the opportunity to savour the elegance and refinement of Japanese culinary traditions without compromising on taste or authenticity.

Ingredients:

- 4 large eggs
- 2 1/2 cups dashi (Japanese soup stock)
- 1 tablespoon soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1/2 teaspoon salt
- 1/2 cup shiitake mushrooms, sliced
- 1/2 cup tofu, diced
- 1/2 cup ginkgo nuts (canned or steamed)
- 1/2 cup snow peas, trimmed and blanched
- Chopped green onions for garnish

Instructions:

1. In a saucepan, heat the dashi over medium heat. Add soy sauce, mirin, and salt. Stir to combine. Set aside to cool.
2. Clean and slice shiitake mushrooms, dice tofu, and blanch snow peas. If using fresh ginkgo nuts, steam them until tender. If using canned ginkgo nuts, drain them.
3. In a bowl, beat the eggs until well combined but not frothy.
4. Gradually pour the cooled dashi mixture into the beaten eggs, stirring continuously.
5. Strain the egg and dashi mixture through a fine mesh sieve into another bowl. This helps create a smooth custard.
6. Divide the sliced shiitake mushrooms, diced tofu, ginkgo nuts, and blanched snow peas equally among four Chawanmushi cups or small heatproof bowls.
7. Gently pour the strained egg and dashi mixture over the ingredients in each cup.
8. Steam the Chawanmushi cups in a steamer over medium heat for about 15-20 minutes or until the custard is set. You can cover each cup with aluminium foil or plastic wrap to prevent water from dripping into the custard.
9. Once done, garnish with chopped green onions.

Grilled Eggplant with Miso Glaze

Grilled eggplant with miso glaze, known as "nasu dengaku," is a flavourful and savoury dish that combines the smoky goodness of grilled eggplant with the rich umami taste of miso. Nasu dengaku is a popular traditional Japanese dish that showcases the versatility and deliciousness of eggplant. Grilled eggplant with miso glaze is often served as a side dish or as part of a larger Japanese meal. It pairs well with steamed rice, a bowl of miso soup, and other vegetable-based dishes. The combination of the smoky eggplant, savoury miso glaze, and the inherent sweetness of the eggplant creates a harmonious and satisfying flavour profile. Besides being delicious, vegan grilled eggplant with miso glaze offers nutritional benefits. Eggplant is a good source of dietary fibre, vitamins, and minerals.

Ingredients:

- 2 large eggplants (Japanese or globe variety)
- 2 tablespoons white miso paste
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon soy sauce
- 1 tablespoon maple syrup or agave syrup
- 1 tablespoon sesame oil
- Toasted sesame seeds (for garnish)
- Chopped green onions (scallions) for garnish (optional)

Instructions:

1. Preheat your grill or oven to medium-high heat.
2. Slice the eggplants in half lengthwise. Score the flesh diagonally with a knife, making shallow cuts about 1/2 inch deep. This will help the miso glaze penetrate the eggplant.
3. In a small bowl, mix together the white miso paste, mirin, soy sauce, maple syrup (or agave syrup), and sesame oil to make the miso glaze.
4. Brush the miso glaze generously onto the cut side of each eggplant half, ensuring that the glaze gets into the scored cuts.
5. Place the eggplant halves, cut side down, on the preheated grill or a baking sheet if using the oven.
6. Grill or bake the eggplant for about 8-10 minutes, or until the flesh becomes tender and the surface is charred and caramelized. Flip the eggplants halfway through the cooking process to ensure even cooking.
7. Once cooked, transfer the grilled eggplant to a serving plate.
8. Sprinkle the eggplant with toasted sesame seeds and chopped green onions (optional) for garnish.
9. Serve the Japanese vegan grilled eggplant with miso glaze as a delicious side dish or part of a larger meal. It pairs well with steamed rice and other Japanese-inspired dishes.

Braised Burdock Root

Braised burdock root, also known as "kinpira gobo," is a flavourful and nutritious dish that highlights the earthy and slightly sweet flavours of burdock root. Kinpira gobo is a traditional Japanese preparation that combines the natural goodness of burdock root with a savoury and slightly spicy glaze. Vegan braised burdock root is commonly served as a side dish in Japanese cuisine. It can be enjoyed at room temperature or slightly warm, making it a versatile addition to a meal. The dish pairs well with steamed rice, pickled vegetables, and other Japanese-inspired dishes. Apart from its delicious taste, vegan braised burdock root offers several health benefits. Burdock root is known for its high fibre content and contains essential vitamins and minerals such as potassium, magnesium, and iron.

Ingredients:

- 2 large burdock roots
- 2 tablespoons vegetable oil
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce or tamari
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon maple syrup or agave syrup
- 1 tablespoon rice vinegar
- Toasted sesame seeds (for garnish)
- Chopped green onions (scallions) for garnish (optional)

Instructions:

1. Peel the burdock roots using a vegetable peeler and cut them into thin matchstick-like strips. Place the cut burdock strips in a bowl of cold water to prevent discoloration.
2. In a large skillet or frying pan, heat the vegetable oil and sesame oil over medium heat.
3. Drain the burdock strips and pat them dry with a clean kitchen towel or paper towel.
4. Add the burdock strips to the heated oil and sauté them for about 2-3 minutes, stirring constantly.
5. In a small bowl, mix together the soy sauce (or tamari), mirin, maple syrup (or agave syrup), and rice vinegar to create the braising sauce.
6. Pour the braising sauce over the sautéed burdock strips in the pan and stir to coat the burdock evenly.
7. Reduce the heat to low, cover the pan, and let the burdock simmer for about 10-15 minutes, or until the burdock becomes tender but still retains a slight crunch.
8. Stir the burdock occasionally during the cooking process to ensure even coating with the braising sauce.
9. Once the burdock is cooked, remove the lid and continue cooking for another 2-3 minutes to allow the sauce to thicken slightly.
10. Transfer the braised burdock to a serving dish and garnish with toasted sesame seeds and chopped green onions (optional).

Pumpkin Croquettes

Pumpkin croquettes, also known as "kabocha korokke," are delicious and satisfying snacks or side dishes that feature the natural sweetness and creamy texture of kabocha squash. Kabocha korokke is a popular dish in Japan, enjoyed by vegans and non-vegans alike. These croquettes can be enjoyed as a standalone snack or accompanied by rice and a fresh salad for a more substantial meal. They are often found at street food stalls, bento shops, and izakayas (Japanese pubs) in Japan. Aside from their delicious taste, Pumpkin croquettes offer nutritional benefits. Kabocha squash is rich in fibre, vitamins A and C, as well as other minerals.

Ingredients:

- 2 cups mashed pumpkin (cooked and cooled)
- 1 cup cooked Japanese short-grain rice
- 1/2 cup breadcrumbs (plus extra for coating)
- 1/4 cup finely chopped onion
- 2 tablespoons corn-starch
- 1 tablespoon soy sauce or tamari
- 1 tablespoon nutritional yeast (optional, for added flavour)
- 1/2 teaspoon salt (or to taste)
- Vegetable oil (for frying)

Instructions:

1. In a large mixing bowl, combine the mashed pumpkin, cooked rice, breadcrumbs, finely chopped onion, cornstarch, soy sauce or tamari, nutritional yeast (optional), and salt. Mix well until all the ingredients are evenly combined.
2. Take a handful of the pumpkin mixture and shape it into a croquette. Repeat the process until all the mixture is used, making approximately 8 croquettes.
3. Pour some extra breadcrumbs onto a plate. Coat each croquette with breadcrumbs, pressing gently to adhere the breadcrumbs to the surface. Ensure that the croquettes are evenly coated.
4. Heat vegetable oil in a deep skillet or frying pan over medium heat. The oil should be about 1 inch deep.
5. Carefully place the coated croquettes into the hot oil, being cautious not to overcrowd the pan. Fry the croquettes for about 3-4 minutes on each side, or until they turn golden brown and crispy.
6. Once the croquettes are cooked, transfer them to a plate lined with paper towels to absorb any excess oil.
7. Serve the Japanese vegan pumpkin croquettes while they are still warm. They can be enjoyed on their own or served with a side of vegan mayonnaise or a tangy dipping sauce.

Sweet Tofu Pouches Filled

Sweet tofu pouches, also known as "anko-filled tofu pouches" or "inari sushi," are a delightful and popular treat that combines the soft and delicate texture of tofu with a sweet and flavourful filling. Inari sushi is a traditional Japanese dish that features these sweet tofu pouches filled with seasoned sushi rice. Not only are vegan sweet tofu pouches delicious, but they also offer nutritional benefits. Tofu is a good source of plant-based protein and contains essential amino acids. Additionally, the dish provides carbohydrates from the sushi rice, making it a satisfying and balanced snack or meal option. Sweet tofu pouches, or inari sushi, offer a delightful combination of soft tofu pouches filled with sweet and savoury flavours.

Ingredients:

For the Tofu Pouches:

- 2 blocks of firm tofu
- Corn-starch or potato starch (for dusting)
- Vegetable oil (for frying)

For the Filling:

- 1 cup cooked sushi rice (seasoned with rice vinegar, sugar, and salt)
- Assorted vegetables (such as thinly sliced carrots, cucumber, bell peppers, or avocado)
- Soy sauce or tamari (for dipping, optional)
- Pickled ginger (optional)

Instructions:

1. Drain the tofu and wrap it in several layers of paper towels or a clean kitchen towel. Place a heavy object, such as a cutting board or plate, on top of the wrapped tofu to press out excess moisture. Let it sit for about 20-30 minutes.
2. While the tofu is being pressed, prepare the sushi rice according to the package instructions. Season the rice with rice vinegar, sugar, and salt to taste. Let it cool slightly.
3. Cut each block of tofu horizontally into two thin slices, creating a total of four tofu slices. Carefully slice each tofu slice horizontally, leaving about 1/2 inch uncut at one edge, creating a pocket or pouch.
4. Lightly dust the tofu pouches with corn-starch or potato starch, tapping off any excess.
5. In a large skillet or frying pan, heat vegetable oil over medium heat. Add the tofu pouches to the pan and fry them for about 2-3 minutes on each side, or until they turn golden brown and crispy. Remove the tofu pouches from the pan and drain them on a plate lined with paper towels to remove excess oil.
6. Open the tofu pouches carefully, creating a pocket for the filling. Fill each pouch with a spoonful of seasoned sushi rice and assorted vegetables. Press the edges of the tofu pouches gently to seal them.
7. Serve the Japanese vegan sweet tofu pouches filled while they are still warm. You can enjoy them as a standalone dish or serve them with a side of soy sauce or tamari for dipping. Pickled ginger can also be served as an optional accompaniment.

Katsu Curry

Katsu Curry is a delectable plant-based adaptation of the classic Japanese dish, Katsu Curry. This vegetarian version replaces the traditional breaded and fried cutlet with a variety of plant-based alternatives, creating a flavourful and satisfying curry dish. Katsu Curry is a popular dish in Japan, enjoyed both at home and in restaurants. It exemplifies the adaptability of Japanese cuisine to diverse dietary preferences while maintaining the rich and comforting essence of a classic curry dish. With its hearty and satisfying nature, Vegetarian Katsu Curry is sure to be a delightful option for those seeking a flavourful and meat-free Japanese dining experience.

Ingredients:

For the Curry Sauce:

- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 2 carrots, peeled and diced
- 2 potatoes, peeled and diced
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 tablespoon tomato paste
- 3 cups vegetable broth
- 2 tablespoons soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- Salt and pepper to taste

For the Vegetarian Katsu:

- 4 slices of firm tofu, pressed to remove excess moisture
- Salt and pepper to taste
- All-purpose flour for dredging
- 2 large eggs, beaten
- Panko breadcrumbs for coating
- Vegetable oil for frying

For Serving:

- Cooked Japanese rice
- Pickled ginger (optional)
- Chopped green onions for garnish

Instructions:

1. In a large saucepan, heat vegetable oil over medium heat. Add chopped onions and minced garlic. Sauté until onions are translucent.
2. Add diced carrots and potatoes, cooking for another 3-4 minutes.
3. Stir in curry powder and tomato paste, allowing the vegetables to be coated in the spices.
4. Pour in vegetable broth, soy sauce, and mirin. Season with salt and pepper. Bring to a boil, then reduce heat and simmer until the vegetables are tender and the curry thickens.
5. Season each tofu slice with salt and pepper.
6. Dredge each tofu slice in flour, dip into beaten eggs, and coat with panko breadcrumbs, pressing the breadcrumbs onto the tofu.
7. Heat vegetable oil in a pan over medium heat. Fry the breaded tofu slices until golden brown on both sides. Place on a paper towel to absorb excess oil.
8. Slice the Vegetarian Katsu into strips.
9. Serve the katsu strips on a bed of cooked Japanese rice.
10. Ladle the curry sauce over the katsu.
11. Garnish with chopped green onions and serve with pickled ginger if desired.

Sunomono

Sunomono is a refreshing and tangy salad that originates from Japan. "Sunomono" translates to "vinegared things," indicating the primary characteristic of this dish: a delightful medley of vegetables or plant-based ingredients marinated in a sweet and tangy rice vinegar dressing. This dish is popular as a side dish in Japanese cuisine, valued for its ability to cleanse the palate and serve as a cooling accompaniment to various meals. Sunomono is not only a delightful addition to a traditional Japanese meal but also a versatile and healthy option for those seeking plant-based alternatives. The simplicity and vibrant flavours of Vegetarian Sunomono make it a favourite during the warmer months, offering a light and invigorating culinary experience that celebrates the essence of Japanese taste and presentation.

Ingredients:

- 2 large cucumbers, thinly sliced
- 1/2 cup rice vinegar
- 1/4 cup sugar
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon toasted sesame seeds
- 1 tablespoon chopped fresh cilantro or parsley (optional)
- Thinly sliced radishes or julienned carrots for garnish
- 1-2 sheets of nori (seaweed), cut into thin strips (optional)

Instructions:

1. Wash the cucumbers thoroughly. If the skin is bitter, you can peel it partially or entirely.
2. Slice the cucumbers thinly using a mandoline or a sharp knife. If you have a crinkle cutter, it adds a nice touch.
3. Place the cucumber slices in a bowl and sprinkle with 1 teaspoon of salt. Toss well to evenly distribute the salt.
4. Let it sit for about 10-15 minutes. This helps to draw out excess moisture from the cucumbers.
5. In a separate bowl, mix the rice vinegar, sugar, soy sauce, and sesame oil until the sugar is completely dissolved.
6. After the cucumbers have released some moisture, rinse them under cold water to remove excess salt. Squeeze the cucumber slices gently to remove any remaining water.
7. Add the cucumber slices to the dressing and toss well to coat them evenly.
8. Chill the salad in the refrigerator for at least 30 minutes to let the flavours meld.
9. Before serving, sprinkle toasted sesame seeds over the top.
10. Garnish with sliced radishes or julienned carrots for added colour and crunch.
11. Optionally, sprinkle chopped fresh cilantro or parsley for an extra burst of flavour.
12. If desired, add thin strips of nori for a hint of seaweed flavour.

Nabemono (Hot Pot)

Nabemono, or vegetarian hot pot, is a heart-warming and communal dish that is popular during the colder months in Japan. Nabemono refers to a variety of one-pot dishes that involve cooking an assortment of ingredients at the table in a shared pot of simmering broth. While traditional nabemono often includes meat and seafood, the vegetarian version emphasizes plant-based ingredients to create a flavourful and satisfying hot pot experience. Nabemono is not only about enjoying a warm and nourishing meal but also about the communal aspect of sharing the hot pot with friends and family. Each person at the table can cook their preferred ingredients in the simmering broth, creating a personalized and interactive dining experience.

Ingredients:

For the Broth:

- 6 cups vegetable broth
- 2 tablespoons soy sauce
- 2 tablespoons mirin (Japanese sweet rice wine)
- 1 tablespoon sake (Japanese rice wine)
- 1 tablespoon miso paste
- 1 tablespoon sesame oil
- 1-inch piece of ginger, sliced
- 2 cloves garlic, minced

For the Hot Pot Ingredients:

- 1 block firm tofu, cubed
- 1 cup shiitake mushrooms, sliced
- 1 cup napa cabbage, chopped
- 1 cup carrots, thinly sliced
- 1 cup enoki mushrooms, roots trimmed
- 1 cup bok choy, chopped
- 1 cup udon noodles or other Japanese noodles
- Green onions, chopped, for garnish
- Sesame seeds, for garnish
- Ponzu or soy sauce for dipping

Instructions:

1. In a large pot, combine vegetable broth, soy sauce, mirin, sake, miso paste, sesame oil, ginger slices, and minced garlic.
2. Bring the broth to a gentle simmer over medium heat. Let it simmer for about 15-20 minutes to allow the flavours to meld.
3. Arrange the tofu, shiitake mushrooms, napa cabbage, carrots, enoki mushrooms, bok choy, and udon noodles on a plate.
4. Place the hot pot in the centre of the table and bring the broth to a boil.
5. Each person can then add their preferred ingredients to the hot pot. Cook the ingredients in the simmering broth until they are tender.
6. Once the ingredients are cooked, garnish the hot pot with chopped green onions and sesame seeds.
7. Serve ponzu or soy sauce on the side for dipping.

Ramen with Vegetable Broth and Toppings

Ramen with vegetable broth and toppings is a delicious and satisfying plant-based twist on the classic Japanese noodle soup. Ramen, a popular dish in Japan, typically features a rich and flavourful broth, wheat noodles, and an array of toppings. In the vegan version, the broth is made from vegetable stock, creating a savoury and aromatic base for the noodles and toppings. The key element of vegan ramen is the vegetable broth, which forms the foundation of the dish. Vegan ramen with vegetable broth and toppings is typically served in a deep bowl, allowing for a generous amount of broth, noodles, and toppings. The combination of flavours, textures, and aromas creates a satisfying and hearty meal.

Ingredients:

For the Vegetable Broth:

- 8 cups vegetable broth
- 1 onion, roughly chopped
- 4 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 piece of kombu (dried kelp)
- 4 dried shiitake mushrooms
- 2 tablespoons soy sauce or tamari
- 1 tablespoon miso paste (white or red)
- 1 tablespoon sesame oil
- Salt and pepper to taste

For the Ramen:

- 4 servings of ramen noodles (check the package instructions for cooking time)
- Assorted vegetables (such as sliced mushrooms, spinach, bean sprouts, sliced bamboo shoots, corn kernels, and sliced green onions)
- Fried tofu or pan-fried tempeh (optional)
- Nori seaweed sheets, cut into strips (optional)
- Sesame seeds (optional)

Instructions:

1. In a large pot, combine the vegetable broth, onion, garlic, carrots, celery, kombu, dried shiitake mushrooms, soy sauce or tamari, and sesame oil. Bring the mixture to a boil over medium-high heat.
2. Reduce the heat to low and let the broth simmer for about 30-40 minutes to allow the flavours to develop. Stir occasionally.
3. Remove the kombu and dried shiitake mushrooms from the broth. You can slice the mushrooms and return them to the broth if desired.
4. Stir in the miso paste until it is fully dissolved. Taste the broth and season with salt and pepper as needed.
5. While the broth is simmering, prepare the ramen noodles according to the package instructions. Cook them until they are al dente, then drain and rinse them with cold water to prevent them from sticking together.
6. Blanch or lightly sauté the assorted vegetables until they are cooked but still retain their crispness.
7. Divide the cooked ramen noodles among four serving bowls. Ladle the hot vegetable broth over the noodles, ensuring that each bowl has enough broth.
8. Arrange the assorted vegetables, fried tofu or pan-fried tempeh (if using), nori seaweed strips, and sesame seeds on top of the noodles.
9. Serve the Japanese vegan ramen immediately while it's still hot. You can customize each bowl by adding additional toppings or garnishes according to your preference, such as chili oil, sriracha sauce, or a squeeze of lime juice.

Stir-Fried Noodles with Vegetables

Stir-fried noodles with vegetables, known as "yasai yaki-soba," is a delightful and flavourful dish that combines a medley of colourful vegetables with pan-fried noodles. This vegan version of a popular Japanese dish offers a satisfying and wholesome meal option. The star ingredient in vegan stir-fried noodles is the selection of fresh vegetables. Stir-fried noodles with vegetables can be customized with additional toppings to enhance the taste and presentation. Common toppings include sesame seeds, chopped scallions, nori (seaweed) strips, or even a drizzle of vegan-friendly sauce like sriracha or sweet chili sauce. These toppings add extra flavour, texture, and visual appeal to the dish. This dish is commonly enjoyed as a main course or a quick and satisfying lunch option.

Ingredients:

- 8 ounces (225g) of vegan noodles (such as udon, soba, or rice noodles)
- 2 tablespoons sesame oil
- 1 onion, thinly sliced
- 2 carrots, julienned
- 1 red bell pepper, thinly sliced
- 2 cups shredded cabbage
- 2 cups bean sprouts
- 4 cloves garlic, minced
- 2 tablespoons soy sauce or tamari
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup or agave nectar
- 1 tablespoon cornstarch (optional, for thickening the sauce)
- Salt and pepper to taste
- Toasted sesame seeds for garnish
- Sliced green onions for garnish

Instructions:

1. Cook the vegan noodles according to the package instructions. Drain and rinse them with cold water to stop the cooking process. Set aside.
2. In a large skillet or wok, heat sesame oil over medium-high heat.
3. Add the thinly sliced onion and julienned carrots to the skillet. Stir-fry for about 2-3 minutes until they start to soften.
4. Add the red bell pepper, shredded cabbage, and bean sprouts to the skillet. Continue stir-frying for another 2-3 minutes until the vegetables are tender-crisp.
5. Push the vegetables to one side of the skillet and add the minced garlic to the empty space. Sauté for about 30 seconds until fragrant, then mix the garlic with the vegetables.
6. In a small bowl, whisk together soy sauce or tamari, mirin, rice vinegar, and maple syrup or agave nectar to create the sauce.
7. Pour the sauce over the stir-fried vegetables and toss everything together until well-coated. If you prefer a thicker sauce, mix corn-starch with a small amount of water to create a slurry. Add the slurry to the skillet and stir well. Cook for an additional minute until the sauce thickens.
8. Add the cooked noodles to the skillet and toss them with the vegetables and sauce until everything is well combined and heated through. Season with salt and pepper to taste.
9. Remove the skillet from heat and garnish the stir-fried noodles with toasted sesame seeds and sliced green onions.

Avocado Wasabi Salad

Avocado Wasabi Salad is a vibrant and flavourful dish that combines the creamy texture of ripe avocados with the pungent kick of wasabi, creating a delightful fusion of taste sensations. This salad reflects a modern and innovative approach to Japanese cuisine, incorporating popular ingredients in a refreshing and visually appealing manner. Avocado Wasabi Salad is a versatile dish that can be served as a light appetizer, a side dish, or even as a refreshing main course. It exemplifies the creativity and adaptability of Japanese cuisine, showcasing how traditional ingredients can be reimagined in innovative ways to cater to contemporary tastes and dietary preferences.

Ingredients:

For the Salad:

- 2 ripe avocados, sliced
- 1 cucumber, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup edamame (steamed and shelled)
- 1/4 cup radishes, thinly sliced
- Sesame seeds for garnish

For the Dressing:

- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon wasabi paste (adjust to taste)
- 1 teaspoon honey or agave syrup (optional, for sweetness)

Instructions:

1. Slice avocados, cucumber, cherry tomatoes, red onion, and radishes. Steam and shell the edamame.
2. Arrange the sliced avocados, cucumber, cherry tomatoes, red onion, edamame, and radishes on a serving platter or individual plates.
3. In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, and wasabi paste. Adjust the spiciness with more or less wasabi according to your preference. Add honey or agave syrup if you prefer a slightly sweet dressing.
4. Drizzle the dressing over the salad just before serving.
5. Sprinkle sesame seeds over the top for added flavour and texture.

Goma Dofu

Goma Dofu, also known as sesame tofu, is a traditional Japanese dish that offers a delightful alternative to conventional soy-based tofu. Unlike soybean tofu, Goma Dofu is made primarily from ground sesame seeds, resulting in a unique texture and a rich, nutty flavour. Goma Dofu can be served in various ways. It is often sliced into bite-sized pieces and enjoyed as a cold appetizer, accompanied by a dipping sauce made with soy sauce, mirin (sweet rice wine), and sometimes a touch of wasabi for added kick. The dish may also be incorporated into hot pots, salads, or stir-fries, showcasing its versatility. One of the appealing aspects of Goma Dofu is its ability to cater to vegetarian and vegan diets, as it doesn't contain any animal products. Additionally, sesame seeds provide a good source of protein and healthy fats.

Ingredients:

For Goma Dofu:

- 2 cups whole sesame seeds
- 2 cups water
- 1/4 teaspoon salt
- 2 tablespoons agar-agar powder

For Dipping Sauce:

- 1/4 cup soy sauce
- 2 tablespoons mirin (Japanese sweet rice wine)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- Grated ginger for garnish

Instructions:

1. In a blender, combine sesame seeds and water. Blend until smooth.
2. Strain the mixture using a fine mesh sieve or cheesecloth to extract sesame milk.
3. In a saucepan, combine the sesame milk, salt, and agar-agar powder. Whisk well to combine.
4. Heat the mixture over medium heat, stirring continuously, until it thickens and comes to a gentle boil.
5. Pour the mixture into a mold or square dish, smoothing the top with a spatula.
6. Allow it to cool at room temperature, then refrigerate until set (about 2-3 hours).
7. In a bowl, mix together soy sauce, mirin, rice vinegar, sesame oil, and sugar until the sugar dissolves.
8. Once the Goma Dofu is set, cut it into small cubes or slices.
9. Arrange the Goma Dofu on a plate, drizzle with the dipping sauce, and garnish with grated ginger.
10. Goma Dofu is traditionally served chilled. You can refrigerate it before serving for a refreshing experience.

Buckwheat Noodle Salad

Buckwheat noodle salad, known as "soba salad," is a refreshing and nutritious dish that combines chilled buckwheat noodles with an assortment of colourful vegetables, herbs, and a tangy dressing. This vegan salad is not only packed with flavours but also offers a satisfying and wholesome meal option. Japanese vegan buckwheat noodle salad can be served as a light and refreshing main course or as a side dish. It is a popular choice during hot summer months due to its cooling properties. The salad is often enjoyed chilled, making it a perfect option for picnics, potlucks, or as a quick and satisfying lunch. In addition to its delicious taste, soba salad offers nutritional benefits. Buckwheat noodles are gluten-free and a good source of fibre, protein, and various nutrients.

Ingredients:

- 8 ounces (225g) buckwheat noodles (soba noodles)
- 1 cup shredded carrots
- 1 cup sliced cucumbers
- 1 cup thinly sliced red bell peppers
- 1 cup thinly sliced radishes
- 1 cup shredded cabbage
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro or parsley (optional, for garnish)

For the Dressing:

- 3 tablespoons soy sauce or tamari
- 2 tablespoons rice vinegar
- 1 tablespoon maple syrup or agave nectar
- 1 tablespoon sesame oil
- 1 tablespoon freshly squeezed lime juice
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- Pinch of red pepper flakes (optional, for heat)

Instructions:

1. Cook the buckwheat noodles according to the package instructions. Once cooked, drain and rinse them under cold water to cool them down and remove excess starch. Set aside.
2. In a large mixing bowl, combine the shredded carrots, sliced cucumbers, red bell peppers, radishes, shredded cabbage, and chopped green onions. Toss them together to mix well.
3. In a separate small bowl, whisk together the soy sauce or tamari, rice vinegar, maple syrup or agave nectar, sesame oil, lime juice, minced garlic, grated ginger, and red pepper flakes (if using). Mix until well combined.
4. Add the cooked and cooled buckwheat noodles to the bowl of mixed vegetables.
5. Pour the dressing over the noodles and vegetables. Toss everything together until the noodles and vegetables are evenly coated with the dressing.
6. Allow the flavours to meld together by refrigerating the salad for about 20-30 minutes before serving.
7. Just before serving, garnish the buckwheat noodle salad with chopped cilantro or parsley, if desired.

Cucumber Sushi Rolls

Cucumber Sushi Rolls, known as "Kappa Maki" in Japan, offer a refreshing and light alternative to traditional sushi rolls that typically contain fish or seafood. These vegetarian rolls showcase the crispness of cucumber as the primary filling, providing a cool and hydrating element to the sushi experience. Cucumber Sushi Rolls exemplify the culinary art of balance and precision in Japanese cuisine. The combination of textures and tastes in these rolls provides a satisfying and palate-cleansing experience, making them a popular choice for those seeking a light and refreshing sushi option without compromising on flavour.

Ingredients:

For Sushi Rice:

- 2 cups sushi rice
- 2 1/2 cups water
- 1/3 cup rice vinegar
- 3 tablespoons sugar
- 1 teaspoon salt

For Sushi Rolls:

- 4 sheets nori (seaweed)
- 2 large English cucumbers
- 1 avocado, sliced
- 1 carrot, julienned
- Pickled ginger (for serving)
- Soy sauce and wasabi (for dipping)

Instructions:

1. Rinse sushi rice under cold water until the water runs clear.
2. In a rice cooker, combine rinsed rice and water. Cook the rice according to the rice cooker instructions.
3. In a small saucepan, heat rice vinegar, sugar, and salt over low heat until the sugar and salt dissolve. Let it cool.
4. Once the rice is cooked, transfer it to a large bowl and gently fold in the vinegar mixture. Allow it to cool to room temperature.
5. Peel the cucumbers and slice them into thin, long strips.
6. Slice the avocado and julienne the carrot.
7. Place a bamboo sushi rolling mat on a clean surface.
8. Lay a sheet of nori, shiny side down, on the bamboo mat.
9. Wet your hands to prevent the rice from sticking, then spread a thin layer of sushi rice over the nori, leaving a small border at the top.
10. Arrange cucumber strips, avocado slices, and julienned carrots along the bottom edge of the rice.
11. Lift the edge of the bamboo mat closest to you and begin rolling the nori and rice over the vegetables. Use the bamboo mat to shape the roll.
12. Seal the edge of the nori by moistening it slightly with water.
13. Use a sharp knife to slice the sushi roll into bite-sized pieces. Wet the knife between cuts to make clean slices.
14. Arrange the cucumber sushi rolls on a plate and serve with pickled ginger, soy sauce, and wasabi.

Soy Pulp Croquettes

Soy pulp croquettes, also known as "okara korokke," are a delicious and unique plant-based dish that utilizes soybean pulp as a main ingredient. Soy pulp, or "okara," is a byproduct of making tofu, and is often discarded or used as animal feed. However, it can be a nutritious and flavourful addition to many Vegetarian dishes, including these croquettes. These croquettes have a crispy exterior and a soft, savoury filling with a slightly nutty flavour from the soy pulp. They can be enjoyed as a snack or as a main dish alongside a fresh salad or steamed vegetables. In addition to their delicious taste, soy pulp croquettes offer several health benefits. Soy pulp is high in dietary fibre and protein, as well as vitamins and minerals such as calcium and iron.

Ingredients:

- 2 cups soy pulp (okara)
- 1 cup cooked and mashed potatoes
- 1 small onion, finely chopped
- 2 cloves of garlic, minced
- 1/4 cup chopped fresh parsley or cilantro
- 2 tablespoons nutritional yeast (optional)
- 2 tablespoons soy sauce or tamari
- 1 tablespoon miso paste
- 1/2 cup bread crumbs
- Vegetable oil for frying
- Salt and pepper to taste

Instructions:

1. In a large mixing bowl, combine the soy pulp (okara), mashed potatoes, finely chopped onion, minced garlic, chopped parsley or cilantro, nutritional yeast (if using), soy sauce or tamari, and miso paste. Mix well until all the ingredients are evenly incorporated.
2. Season the mixture with salt and pepper to taste. Adjust the seasoning according to your preference.
3. Take a handful of the mixture and shape it into a small patty or croquette. Repeat this process until you have used all the mixture.
4. Place the bread crumbs in a shallow dish. Take each croquette and coat it thoroughly with bread crumbs, pressing gently to adhere the crumbs to the surface.
5. Heat vegetable oil in a frying pan or skillet over medium heat.
6. Carefully place the coated croquettes into the hot oil, making sure not to overcrowd the pan. Fry them for about 3-4 minutes on each side, or until they turn golden brown and crispy.
7. Once cooked, transfer the croquettes to a plate lined with paper towels to absorb any excess oil.
8. Repeat the frying process with the remaining croquettes.
9. Serve the soy pulp croquettes hot as a main dish or as a side dish. They can be enjoyed with a dipping sauce of your choice, such as soy sauce, sweet chili sauce, or vegan mayonnaise.

Green Tea Soba Noodles

Green Tea Soba Noodles offer a unique and flavourful twist to traditional soba noodles, incorporating the essence of green tea into the dough. Soba noodles, made from buckwheat flour, have been a staple in Japanese cuisine for centuries, known for their nutty flavour and distinctive texture. When combined with green tea, these noodles take on an additional layer of complexity, resulting in a dish that is not only delicious but also visually appealing. Green Tea Soba Noodles not only bring a distinctive flavour to the plate but also contribute to the overall health benefits associated with green tea. Matcha is rich in antioxidants and is believed to have various health-promoting properties. With their unique colour, flavour, and cultural significance, Green Tea Soba Noodles exemplify the artful fusion of tradition and innovation in Japanese cuisine.

Ingredients:

For Soba Noodles:

- 8 oz (about 230g) green tea soba noodles
- 6 cups water
- 1 tablespoon salt

For Sauce:

- 1/4 cup soy sauce
- 2 tablespoons mirin (Japanese sweet rice wine)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- 1 teaspoon grated ginger
- 1 clove garlic, minced

Optional: Thinly sliced green onions and sesame seeds for garnish

Instructions:

1. Bring 6 cups of water to a boil. Add salt to the boiling water.
2. Cook the green tea soba noodles according to the package instructions (usually about 4-5 minutes).
3. Drain the noodles and rinse them under cold water to stop the cooking process. Set aside.
4. In a small bowl, whisk together soy sauce, mirin, rice vinegar, sesame oil, sugar, grated ginger, and minced garlic. Adjust the taste to your liking.
5. Pour the sauce over the cooked and drained soba noodles. Toss the noodles gently to coat them evenly with the sauce.
6. If you prefer, refrigerate the noodles for about 30 minutes for a chilled dish.
7. Divide the green tea soba noodles among serving plates.
8. Garnish with thinly sliced green onions and sesame seeds for added flavour and texture.

Tofu and Wakame Udon

Tofu and Wakame Udon is a flavourful and nourishing noodle soup that combines the earthy richness of udon noodles with the delicate flavours of tofu and wakame seaweed. This dish is not only a comforting and hearty choice but also a showcase of the delicate balance and simplicity often found in Japanese cuisine. This vegetarian udon soup is not only delicious but also nutritious. Tofu adds protein, while wakame provides essential minerals and vitamins. The dish is often served hot, making it a comforting choice, especially during colder seasons. Whether enjoyed in restaurants, at home, or even as a quick convenience store meal, Tofu and Wakame Udon embodies the simplicity and healthfulness of Japanese cuisine.

Ingredients:

For Udon Soup:

- 8 oz (about 230g) udon noodles
- 6 cups vegetable broth
- 2 tablespoons soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon sake (Japanese rice wine)
- 1 tablespoon sesame oil
- 1 tablespoon miso paste (white or light miso)
- 1 cup wakame seaweed, rehydrated
- 1 cup firm tofu, cubed
- 2 green onions, thinly sliced

Optional: Shichimi Togarashi (Japanese seven spice) for added spice

Instructions:

1. Cook the udon noodles according to the package instructions. Drain and set aside.
2. Place the wakame seaweed in a bowl and cover it with warm water. Let it soak for about 5 minutes or until it's fully rehydrated. Drain and set aside.
3. In a large pot, combine vegetable broth, soy sauce, mirin, sake, sesame oil, and miso paste. Stir well to dissolve the miso paste.
4. Bring the soup to a gentle simmer over medium heat.
5. Add the cubed tofu and rehydrated wakame to the simmering soup. Let it cook for 2-3 minutes until the tofu is heated through.
6. Taste the soup and adjust the seasoning if needed. If you like a bit of spice, you can add Shichimi Togarashi at this stage.
7. Add the cooked udon noodles to the soup. Let them heat through for an additional 2 minutes.
8. Ladle the Tofu and Wakame Udon into bowls.
9. Garnish with thinly sliced green onions on top.

VEGETARIAN

SUSTAINABLE, EASY AND HEALTHY COOKBOOKS!

The Most Popular Dishes and Easy to Cook Recipes for You!

A Collection of Fantastic Cookbooks From All Countries in The World!

All Authentic Dishes from Near and Far Away Countries!